

TV and obstacles to physical activity

By Raising Children Network

Computer games, the internet and television are the biggest obstacles to keeping your child physically active.

Given the opportunity, children sometimes opt to watch TV or check out their favourite websites instead of going outside to play. The main problem with this is that TV and computers keep children seated for long stretches of time, and that means they're not getting the physical activity they need.



Watching more than two hours of TV each day has been linked to smoking, high cholesterol levels and obesity later in life, as well as to lowered overall fitness. During daylight hours especially, it's a good idea to encourage your kids to play outside and to limit the amount of TV and computer time to no more than two hours. Less than 30 minutes a day is even better.

Because TV and video can be habit-forming from a very early age, it's wise to limit the amount that preschoolers watch. You might even want to avoid it altogether for children under two.

Left to their own devices, kids tend to be very active – it's often parents who impose limits on children's activity. Try to motivate your child to play and be active – outside, if possible – instead of switching on the TV.

Other obstacles to physical activity

Strollers, infant seats and small play spaces can make it difficult for toddlers and babies to be as active as is good for them. Parents also now worry more about the safety of their neighbourhoods, so children play together less in the street or in parks.

Many new suburbs are also built in such a way that schools and shops are not within walking distance of home, making it even more difficult to make physical activity part of daily life. Busy [work](#) schedules can also get in the way of parents finding time to play outdoors with their kids.

Rated ★★★★★ (1 ratings)

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References

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